



Rides Supplement April 2010

Camberwell Downhill Gourmet Bike Riders

2010 Calendar

May Ride - Federation Trail – Sunday 16th May

The ride starts in Werribee. We'll follow the path alongside the Werribee River to reach the Federation Trail which runs for 24km to Altona North. From here we'll ride on-road (not too busy) to Newport Lakes then through to the Bayside Trail and back to Southbank and Flinders St Station – total distance ~45km. The ride is almost totally flat and mainly on sealed surfaces. Bail outs available at Hoppers Crossing (~10km) and Newport (~30km) Stations. Meet at Flinders St Station on the platform to catch the Werribee Train that leaves at 9.05am – be at the back of the train. BYO lunch to eat at Newport Lakes. We'll have a morning coffee at Werribee before we head off.

If there are disruptions to the Werribee train service on the day of the ride another route will be substituted and all those who have let me know they are planning to come will be notified.

Julia Blunden, Email: jblunden@bigpond.com; Phone: 9853 5095; M: 0408 501 082

20th June	Host - Bruce & Yvonne Dite
18th July	Host - TBA
23rd July	Bi-Annual Dinner – Riversdale Hotel – Hawthorn – Convenor Elva
15th August	Host - TBA
19th September	Host - TBA
17th October	Host - Jack Simpson
21st November	Host - David & Geraldine Powell
26th November	Annual Break-up Dinner – Riversdale Hotel - Hawthorn. - Convenor Elva

There isn't an organized ride in December as the third Sunday is too close to Christmas.

Please telephone Elva Parker (9836 6392) if you can assist at all with any of the "TBA" rides.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphijj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

•The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).

•We generally meet at **10am** at the 'Place to meet' (see below). When meeting at Flinders St. station, meet at the info centre on the main concourse. The train times shown are current as at January 2010. Please check them the day before. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the rides along the way (we will travel in the last carriage of the train) or cut the ride short at any point.

• If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
May 5 th	St. Kevin's boathouse Yarra Boulevard, MEL 59 B1	Short ride – Gardiner creek and Anniversary trail circuit ~ 30km.	Easy
May 12 th	St. Kevin's boathouse Yarra Boulevard, MEL 59 B1	<i>A circuit of the city ~ 70km.</i> Ride the Gardiner & Scotchman's creek trails to Jells Park, then the Eastlink, Koonung creek and Main Yarra trails to return to start.	Med.
May 19 th	St. Kevin's boathouse, MEL 59 B1	Short ride – Main Yarra and Anniversary trail circuit ~ 25km	Easy
May 26 th	St. Kevin's boathouse Yarra Boulevard, MEL 59 B1	The 'Ed and Alan' bike and road tour to Carrum and return by train to city ~ 50km	Med
June 2 nd	Flinders St. station MEL 2F G6	Short ride – train to Glen Waverley station and return to city by Waverley rail trail ~ 20km.	Easy
June 9 th	Flinders St. station MEL 2F G6 Belgrave line ~ 9.50am arrive at 10.28am	<i>Heatherdale Station to Docklands</i> - using the Eastlink, Koonung Creek and Main Yarra trails ~ 50km.	Med
June 16 th	Flinders St. station MEL 2F G6	Short ride – Coburg and return via the Upfield rail trail ~ 20km.	Easy
June 23 rd	Footbridge in Southbank, MEL 2F F7	Ride the Main Yarra and Plenty river trails to the Ring road to Dalton rd. Then across country to the Hume trail. Return to city via the Merri creek trail ~ 60km.	Med
June 30 th		No ride	

Whitehorse Cyclists Inc

Last updated 23 March 2010

Date	Destination	Description	Distance and grade	Leader Contact
------	-------------	-------------	--------------------	----------------

L Beginners' rides run on Sundays. Details posted on the [beginners' rides page](#) weekly

Tue 04/05 9:30am	Easy Tuesday	Warburton Rail Tr, Launching Place, (M)Warburton, Warburton Rail Tr	30 E	Bernie F 9878 6640
Tue 04/05 9:30am	Medium Tuesday Melbourne Loop	Yarra Boulevard, Westgarth St, (M)Clifton Hill, Capital City Tr, Canning St, Albert St, Hilton Hotel, MCG, (B)Richmond, Main Yarra Tr, Gardiners Creek Tr, Anniversary Tr	48 M	Mike T 9859 3647
Tue 04/05 9:00am	Hard Tuesday Carrum	Beaumaris, Carrum	100 M/H	Mike H 0407 094 929
Sunday 9 May 9.30am	Beginners Ride Meet at Blackburn Lake Visitors Centre. Mel 48 B11	Gardiner's Creek Trail, Ashburton (B) Anniversary Trail, Glen Iris, (M) Como House, Return by train.	App. 22 (2 hills)	Keith Maytum 9857 5805
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sunday 16 May 9.30am	Beginners Ride Meet at Blackburn Lake Visitors Centre Mel 48 B111	Dorking Road, Bushy Creek Trail, Koonung Creek Trail, Yarra Track, (M) Convent Bakery, Burnley (F) Train return (Hills no steps)	30	Keith Maytum 9857 5805
Sunday 23 May 9.30am	Beginners Ride Meet at Southbank Ferry Bank 43 H10	Sandridge, Station Pier, St. Kilda, Brighton (M) (B) Gardenvale, Elwood Canal, Albert Park, Southbank	App. 24 Flat	Keith Maytum 9857 5805
Sunday 30 May 9.30am	Easy Ride Meet at Conos Ct Car Park 49 A1 (off park Road)	Lower Mullum Mullum Creek, Main Yarra Trail, (M) Eltham and return	26 (Hills)	Keith Maytum 9857 5804

Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.**

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

May				
Sun 2	<i>Knox City Circuit</i> 70 km	Anniversary Trail to Canterbury station (12 km). Train to Heatherdale. Follow Eastlink Trail to High Street Rd. Then Blind Ck Trail to Belgrave Rail Trail at Boronia. Train from here or Bayswater (at ~30 km) back to Canterbury, or bike all way home via Dandenong Ck & Koonung Trails (long H1 to Mitcham high point).		Richard B/ 9459 8648
Tue 4	<i>Richmond</i> 50 km	Yarra Trail to Fairfield and Victoria Park then streets south to Lennox St. Break at Burnley. Yarra trail home.		Alan P/ 9435 9421
Sun 9	<i>Yarra Bend</i> 35 – 40 km	Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail.		Lou B/ 9459 6887
Tue 11	<i>Edwardes Lake</i> 37 km	Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1).		John G/ 9439 3884
Sun 16	<i>Valley Reserve</i> 45 km	Anniversary Trail (some H1 and 1 x H2) to Alamein, then follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Alvie Rd, Damper Ck Res., Swayfield Rd, Chain Res. Trail to Gardiners Ck Trail at Bennetswood. Then through Box Hill to		Graeme W/ 9435 9687

		Bushy Ck and Koonung Trails.	
Tue 18	<i>Quarry Hills Park</i> 50 km	River Gum trail to Watsonia and Mill Park. H2-3 into Park & some walking possible. Return through South Morang but avoiding Plenty Rd.	Robert R/ 9439 1078
Sun 23	<i>Belgrave</i> 60 km	Ride to Box Hill station. Take train to Belgrave. Downhill ride to Bayswater and Dandenong Ck. Trail. Then streets (Eastlink an alternative) and Koonung Trail.	Graeme W/ 9435 9687
Tue 25	<i>Seven Trails</i> 68 km	Yarra, Anniversary, Gardiners Creek, Scotchmans Creek, streets (short H2, long H1), Dandenong Ck. Break Jells Park. Join Eastlink (some H3), and Koonung home.	Maurie A/ 0409 186082
Sun 30	<i>St Kilda Beach</i> 50 km	Out through Port Melbourne. Return through Albert Park.	Richard B/ 9459 8648

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Manningham BUG

Rides are subject to change so

ALWAYS phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Date	MAY 2010	Grade	Leader	Meet at
Sat 1st	Hartwell to the Fairfield boat house	Easy 25km	Lyn & Andre 0438 017 340	9.30am Hartwell station Mel 60 D5
Sat 8 th	Anakie Gorge in the Brisbane ranges National Park. BYO food & drink.	80-90 km	John (Cossi) 9807 8590	9.00am Werribee station
Sat 29 th	Docklands Art Ride Tour de Art on our bikes, stopping sometimes to appreciate special aspects	Easy 30km	Alan : 0425 855 035,	9.30am Fairfield Boathouse Carpark, Mel 30

	or the cheek of the artist. (est 60-90min). Bring your sense of humor. Lunch at Docklands.		AH 9876 4057	J12,
	JUNE 2010			
Sat19th	Woori Yallock to Warburton. Rail Trail	Easy 35km	Bernard 9878 6640	10.00am Woori Yallock Mel 286 E10
Sat 12 th	Nagambie bike ride. This is Not a Bug ride, but Peter is riding the area over the Queens Birthday w'end. Members are welcome to come along.	Easy ? km	Peter 0419 0819 666	Contact Peter.
	JULY 2010			
Sat 3 rd	Croydon to Jells Park	45km	Peter 0419 0819 666	9.30am Croydon Town Park, Mel 50 K5

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Melbourne Bicycle Touring Club

Ride and Club Night Programme

May			
Sat 01 May	Warramate Hills (MTB Gruyere)	40km Medium	Tim
Sat 01 May	Over, around & through the Glenburn Hills	80km Medium Hard	Kerry
Sun 02 May	BAD Ride	Various	
Thu 06 May	Keith Warburton		John
W/E 08-09 May			
Sat 08 May	Tandems Ride	30km Easy	Tony
Sun 09 May	Kyneton to Woodend the long way	70km medium	Matthew
Thu 13 May	Trip Planning		Paul
Sat 15 May	Somewhere in Central Victoria	160km hard	Claire
Sun 16 May	Pakenham to Lilydale via Gembrook & Launching Place	75km medium	Peter
Thu 20 May	Laos		Graham
Sat 22 May	McDougals Tk	80km med-hard	Claire

Sun 23 May	Green Gully Rd - Woodend to Castlemaine	90km Medium Hard	Di
Thu 27 May	First Aid for Riders		Di
Sat 29 May	Geelong Circuit	33km easy	John
Sun 30 May	Wombat Wander (Woodend Loop)	50-60km medium	Liz
June			
Thu 03 Jun	Club Auction		John
Sat 05 Jun	Warragul Loop to Tarago Reservoir & Neerim South	55km medium	Peter
Sun 06 Jun	Gisborne to Bacchus Marsh	45km medium	Edmund
Thu 17 Jun	AGM		
Sun 20 Jun	Partial MAD ride	85km Medium Hard	Rob

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au> R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social
E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
MAY							
Sat 15	Ballarat to Hepburn	Any	TBC	TBC	Nick	Y	nick@spraynozzle.com.au 0417 506 493